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RESOURCES FOR SINGLE PARENTS IN HAMILTON-WENTWORTH

URBAN MUNICIPAL
SEP 9 1988
GOVERNMENT DOCUMENTS

COMMUNITY INFORMATION SERVICE
55 YORK BLVD., HAMILTON ONTARIO 528-0104

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This pamphlet contains information and a listing of services to help single parents living in the Hamilton-Wentworth area. For further information about these or other services available, contact:

Community Information Service
528-0104

If immediate crisis help is needed, call:

AMBULANCE, POLICE, or FIRE	**dial 911**
INASMUCH HOUSE (24 hour Abuse Line)	**529-8600**
INTERVAL HOUSE (24 hour Crisis Line)	**547-8484**
PARENTAL STRESS SERVICES HOTLINE (24 hour)	**527-5717** **632-7976**
SEXUAL ASSAULT CENTRE CRISIS LINE	**525-4162**
SUICIDE PREVENTION BUREAU (24 hour)	**522-1477**
TELECARE (24 hour telephone counselling)	**525-8611**
TOUGHLOVE (Parents Support Groups)	**527-0633**

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EMERGENCY SERVICES

Included are services which can provide help on a short-term basis or in an emgergency.

GOOD SHEPHERD CENTRE **528-9109**
135 Mary Street, Hamilton **528-1675**

- ***Family Services*** **549-1155**
  16 Eastwood Avenue, Hamilton
  Groceries for families living east of Gage Avenue below mountain brow

- ***Good Shepherd Women's Centre (Martha House)*** **523-8895**
  20 Emerald Street South, Hamilton
  Women's shelter providing room & board

- ***Men's Centre*** **528-9109**
  135 Mary Street, Hamilton **528-1675**
  Hostel for men (age 16 & over) which provides one hot meal a day for men, women and children

- ***Women's Drop-In Centre*** **528-9109**
  135 Mary Street, Hamilton
  Drop-in for women providing clothing and a hot meal

NATIVE WOMEN'S CENTRE **522-1501**
47 East Avenue North, Hamilton
Accommodation for native and non-native women and children if needed due to stress, alcohol, drugs, or domestic crisis

HOPE HAVEN HOMES FAMILY REHABILITATION CENTRE **547-1815**
984 Montclair Avenue, Hamilton
For the abused families of the problem drinker/drugs/other. Services include shelter, food & clothing

INTERVAL HOUSE (crisis line) **547-8484**
1760 King St. E., Hamilton (business line) **547-8485**
Shelter for abused women & their children

MISSION SERVICES OF HAMILTON **528-4211**
120 Cannon Street East, Hamilton

- ***Family Assistance Centre*** **528-4211**
  120 Cannon Street E., Hamilton
  Provides food, clothing, furniture, household items for families

- ***Inasmuch House*** (abuse line) **529-8600**
  126 Emerald St. S., Hamilton (business line) **529-8149**
  For women & children needing emergency shelter, especially due to family violence

- ***Men's Services Division*** **528-7635**
  325 James Street N., Hamilton **528-2327**
  For adult men needing short-term shelter, food, clothing. Longer term programs available if necessary.

NEIGHBOUR TO NEIGHBOUR CENTRE **574-1334**
668 Fennell Ave. E., Hamilton
Groceries for Hamilton mountain residents

OPERATION BLESSING **549-7153**
749A Barton Street E., Hamilton
Groceries, used clothing and some furniture for women, men and children

ROXBOROUGH PARC EAST END MULTI-SERVICE CENTRE **545-0565**
16 Eastwood Street, Hamilton
Groceries available & clothing for women and children living in the McQuesten area

SALVATION ARMY **521-1660**
340 York Blvd., Hamilton

- ***Family Services & Counselling*** **521-1660**
  340 York Blvd., Hamilton
  Clothing, groceries, household necessities for families

- ***Men's Social Services Department*** **527-2755**
  94 York Blvd., Hamilton
  Hostel for men, providing room & board

ST. MATTHEW'S HOUSE **523-5546**
414 Barton Street E., Hamilton
Groceries for men, women, children

ST. SIMEON HOUSE **522-0405**
278 Robert Street, Hamilton
Shelter for women, providing room & board. Children accepted in an emergency

ST. VINCENT DE PAUL CENTRE **549-3902**
461 Cumberland Avenue, Hamilton
Clothing & furniture for families available at nominal price.

WELCOME INN **529-6891**
New Horizons
510 James Street N., Hamilton
Used clothing and small appliances for reasonable cost

WESLEY URBAN MINISTRIES INC. **528-5640**
Wesley Centre
129 Rebecca Street, Hamilton
Clothing and groceries to families, clothing and meals to single persons.

FINANCIAL

Financial help is sometimes needed in certain situations. The following are the main sources of help available:

ONTARIO MINISTRY OF COMMUNITY & SOCIAL SERVICES **521-7280**
119 King Street W., 6th floor, Hamilton
Income maintenance (eg. Family Benefits Assistance)

SOCIAL SERVICES DEPARTMENT OF THE REGIONAL MUNICIPALITY OF H-W
119 King St. W., 13th floor, Hamilton

- ***General Welfare Assistance*** **526-4333**
  (money for temporary food and shelter)
- ***Special Assistance & Supplementary Aid*** **526-4365**
  (dental, optical, transportation, etc.)
- ***Home Management Unit*** **526-4264**
  (nutrition, home & child management, and referrals to community resources)
- ***Homemakers & Nurses Services Subsidy*** **526-4359**
  (available by referral from health or social service professional)

LEGAL ASSISTANCE

If legal help is needed one of these services may be useful, depending on your particular situation.

DIAL-A-LAW (toll free) **1-800-387-2920**
Telephone service offering free taped legal information on various areas of law. An operator will select and connect callers with the appropriate taped information.

DUNDURN COMMUNITY LEGAL SERVICES **527-4572**
10 West Avenue S., Suite 119, Hamilton

HAMILTON MOUNTAIN LEGAL & COMMUNITY SERVICES **575-9590**
550 Fennell Ave. E., Suite 218, Hamilton

LAWYER REFERRAL SERVICE
(toll free) **1-800-268-8326**
To help locate a lawyer specializing in a particular area of law.

MCQUESTEN LEGAL & COMMUNITY SERVICES **545-0442**
360-A Queenston Road, Hamilton

ONTARIO LEGAL AID PLAN **528-0134**
119 Main Street E., Hamilton
Applications for Legal Aid, Legal Aid Clinics, & Legal Advice

HOUSING

Included are organizations which can assist with housing needs.

HAMILTON-WENTWORTH HOUSING AUTHORITY **521-7399**
119 King St. W., 7th floor, Hamilton
Information & application assistance for rent geared to income housing

HOUSING CO-OPERATIVES & NON-PROFIT HOUSING

For information on these types of housing, call **Community Information Service** at **528-0104**

HOUSING REGISTRIES

Free listings of available accommodations for families and individuals

NORTH END INFORMATION SERVICES **529-8483**
485 John Street N., Hamilton
Lists private sector, not non-profit housing

ST. MATTHEW'S HOUSE **523-5546**
414 Barton Street E., Hamilton

LANDLORD & TENANT ADVICE

ONTARIO MINISTRY OF HOUSING
Rent Review Services **528-8701**
25 Main St. W., 16th floor, Hamilton
Information about landlord and tenant matters and rent increases

Community Legal Clinics can also assist with advice about landlord and tenant issues. To contact the clinics see "Legal Assistance" or call **Community Information Service** **528-0104**

COUNSELLING

Personal & Family

Included are services which provide individual adult, marital, or family counselling during times of stress. Some also run support groups. To find out about the groups, ask a staff member of the organization. For information about these or other groups, call ***Community Information Service at 528-0104.***

CATHOLIC FAMILY SERVICES OF H-W **527-3823**
82 Stinson Street, Hamilton

FAMILY SERVICES OF H-W **523-5640**
350 King Street E., Suite 201, Hamilton

JEWISH SOCIAL SERVICES **527-8444**
150 Lower Horning Street
Fairview School, Hamilton
Primarily to serve needs of Jewish community

PASTORAL COUNSELLING CENTRE (H-W) **529-5400**
252 James Street N., Hamilton

SALVATION ARMY
Family Services & Counselling **521-1660**
340 York Blvd., Hamilton
Counselling available upon request

SALEM CHRISTIAN COUNSELLING CLINIC **528-0353**
1 Young St., Suite 418, Hamilton
Counselling by Christian counsellors

ST. GEORGE'S MISSION SOCIETY COUNSELLING CENTRE **528-7799**
220 Main St. W., Hamilton

Children & Adolescents

Services included are mainly for children and adolescents, but help may be provided to members of their family if needed.

AY/ALTERNATIVES FOR YOUTH **527-4469**
126 James Street S., Hamilton
For youth ages 13-25 needing emotional, alcohol or drug abuse counselling, assistance with job, school and housing needs.

CATHOLIC CHILDREN'S AID SOCIETY OF H-W **525-2012**
499 King St. E., 2nd floor, Hamilton
Provide counselling, guidance or other services to parents to assist them in their parenting role. May also include extended family members.

REGIONAL MUNICIPALITY OF H-W
DEPT. OF HEALTH SERVICES **528-1441**
Child & Adolescent Services **521-4810**
74 Hughson St. S., Hamilton
Assessment & treatment of children (ages 2-18) with behavioural, learning, speech and emotional disorders.

CHEDOKE-MCMASTER HOSPITALS
Child & Family Centre **521-7950**
Sanitorium Road, Hamilton
Assessment & treatment of children (birth to age 18) with behavioural and developmental problems

CHILDREN'S AID SOCIETY OF H-W **522-1121**
143 Wentworth St. S., Hamilton (after hours) **522-8053**
Counselling services to children under 16 years of age and their parents when there are family problems.

Financial
Includes services which assist with budgeting, credit, and debt counselling

CATHOLIC FAMILY SERVICES OF H-W **527-3823**
82 Stinson Street, Hamilton

MISSION SERVICES OF HAMILTON **528-4111**
Family Assistance Centre
120 Cannon St. E., Hamilton

FAMILY SERVICES OF H-W **523-5640**
350 King St. E., Suite 201, Hamilton

ST. GEORGE'S MISSION SOCIETY
COUNSELLING CENTRE **528-7799**
220 Main St. W., Hamilton

HEALTH SERVICES

There are many situations which may require the services of a health care professional. Listed are organizations which meet a broad number of needs. If none are appropriate for your situation, or if you wish to inquire about other health-related services, contact ***Community Information Service at 528-0104.***

GENERAL HEALTH

HAMILTON ACADEMY OF MEDICINE **528-1611**
Will provide some names of family physicians accepting new patients in the local area.

O.H.I.P. (ONTARIO HEALTH INSURANCE PLAN) **521-7100**
119 King Street W., 10th floor, Hamilton
Handles enquiries about enrolment in OHIP, accepts applications for premium assistance

REGIONAL MUNICIPALITY OF H-W DEPARTMENT OF HEALTH SERVICES
25 Main Street W., Suite 400, Hamilton **528-1441**
Mountain **389-2203**
Dundas **628-6325**
Stoney Creek **664-4232**
Provides information and services related to public health inspection, nutrition services, public health nursing, etc.

TEL-MED **521-6060**
Free taped information on many health related topics. Look under "Medical Information" in the Yellow Pages of your telephone book for a list of topics and tape numbers.

MENTAL HEALTH

Sometimes people need help with serious emotional or psychological difficulties. These are usually available through a referral from your family doctor, or another health or social service professional. Information about mental health services can also be obtained from ***Community Information Service at 528-0104.***

If serious crisis help is needed, you can contact or visit the emergency department of any hospital.

DENTAL CARE

HAMILTON ACADEMY OF DENTISTRY **527-8294**
In an emergency on weekends, academy will refer to a dentist

HAMILTON GENERAL HOSPITAL DENTAL CLINIC **527-0271**
237 Barton Street E., Hamilton **Ext. 4471**
Provide most dental care at a reduced cost

REGIONAL MUNICIPALITY OF H-W DEPARTMENT OF HEALTH SERVICES, Public Health Dentistry **521-4804**
Dental treatment services for school age children and preventive services for community at large. Will test water for fluoride content.

To find a dentist accepting patients, refer to "Dentists" in the Yellow Pages of your telephone book.

SEXUAL EDUCATION & FAMILY PLANNING

AIDS Hotlines:

HAMILTON AIDS NETWORK FOR DIALOGUE & SUPPORT
Tape **528-0537**
Peer Counselling **528-0854**

ONTARIO MINISTRY OF HEALTH **1-800-668-2437**
Telephone counselling, information and referral if necessary

ONTARIO PUBLIC EDUCATION PANEL ON AIDS **1-800-268-6066**
Provides telephone information, speakers and resources

FAMILY LIFE CENTRE OF ST. JOSEPH'S HOSPITAL **527-3266**
Fontbonne Building, Room F-210
301 James Street S., Hamilton
Counselling & information on natural family planning methods.

PLANNED PARENTHOOD CLINIC (DR. ELIZABETH BAGSHAW) BIRTH CONTROL CENTRE **528-3009** **528-7343**
20 Hughson St. S., #611, Hamilton
Provides birth control & pregnancy counselling

- ***Facts of Life Line*** **529-5922**
  Free taped information on sexuality

SERENA HAMILTON **549-8526**
Box 4195, Station 'D', Hamilton
Teaching fertility knowledge and counselling in natural family planning.

SEXUAL EDUCATION CENTRE **525-9140**
Hamilton Hall, Room 206 **Ext. 2041**
McMaster University, Hamilton.
Information and referral on birth control, sexually transmitted diseases, abortions, and pregnancy. Available to any member of the public. Open September to April only.

REGIONAL MUNICIPALITY OF H-W DEPARTMENT OF HEALTH SERVICES

Family Planning Program **664-2554**
Birth Control Centre - Stoney Creek **664-2554**
- Dundas **628-3000**
Counselling on sexuality, birth control and healthy lifestyles
Sexually Transmitted Diseases
V.D. Hotline **528-5894**

SEXUALLY TRANSMITTED DISEASE CLINIC **527-0271**
Hamilton General Hospital **Ext. 4266**
237 Barton Street E., Hamilton
Clinic for the diagnosis & treatment of socially transmitted diseases

PREGNANCY YOUTH LINE **522-2428**
Confidential telephone service providing information, referral to services, and emotional support

PRE & POST NATAL SERVICES

BIRTHRIGHT **527-3677**
224 James Street S., Hamilton
To help any woman solve any problem related to pregnancy

CATHOLIC CHILDREN'S AID SOCIETY OF H-W **525-2012**
499 King Street E., 2nd floor, Hamilton
Prenatal planning & post natal support for single parents.

CHILDREN'S AID SOCIETY OF H-W **522-1121**
143 Wentworth Street S., Hamilton
Assistance to single pregnant girls about their future and that of their child

SALVATION ARMY
Grace Haven **522-7336**
138 Herkimer Street, Hamilton
Residential and non-residential care for the unmarried mother

MOHAWK COLLEGE OF APPLIED ARTS & TECHNOLOGY **575-1515 Ext. 4012**
Various classes including early pregnancy, preparation for childbirth, and new parent series.

REGIONAL MUNICIPALITY OF H-W DEPARTMENT OF HEALTH SERVICES **528-1441**
Public health nurses teach prenatal classes and provide parent education

ST. MARTIN'S MANOR **575-5700**
500 Mohawk Road W., Hamilton
Residential care for young pregnant women

ALCOHOL & DRUG

Information & Resources

ADDICTION RESEARCH FOUNDATION (HAMILTON CENTRE) **525-1250**
20 Hughson Street S., #508, Hamilton
Provides information & resources on prevention of substance abuse, to individuals and organizations

ITS FOR YOU **1-800-387-2916**
Free taped information on alcohol & drug related topics

Assessment and Referral

REGIONAL MUNICIPALITY OF H-W DEPARTMENT OF HEALTH SERVICES **528-4811**
Alcohol & Drug Assessment Services
74 Hughson Street S., Hamilton
Assessment & referral for substance abuse problems

Detoxification Programmes

HAMILTON WOMEN'S DETOX CENTRE **521-0446**
614 King Street E., 1st floor, Hamilton
Women's detoxification centre for drugs and alcohol (24 hour service)

HAMILTON GENERAL HOSPITAL **527-9264**
Detoxification Unit **527-9265**
130-132 Wilson Street E., Hamilton
Short-stay detoxification unit for male alcoholics

For information about Residential and Recovery Programmes contact **Community Information Service at 528-0104.**

Support Groups

ALANON & FAMILY GROUPS **522-1733**
P.O. Box 3711, Stn. 'C', Hamilton
Purpose is to help families of alcoholics

ALCOHOLICS ANONYMOUS **522-8392**
67 Queen Street S., Hamilton
Groups to help alcoholics stop drinking and stay sober

DAYCARE

For a listing of daycare centres and nursery schools in Hamilton-Wentworth, contact **Community Information Service at 528-0104.**

Children may be cared for by **home daycare providers.** For names and locations of licensed home daycare providers contact **Regional Social Services at 578-0280.**

Daycare Subsidy is financial assistance to help meet the costs of daycare. Eligibility is based on individual assessment of each client's situation. To apply, contact **SOCIAL SERVICES DEPARTMENT, SUPPORT SERVICES DIVISION at 526-4359.**

BEFORE & AFTER SCHOOL PROGRAMS

School age children may receive daycare in certain locations outside of regular school hours. For information contact:

AFTER SCHOOL ADVENTURE PROGRAM **527-1908**
Victoria Park Community Centre
155 Queen Street N., Hamilton

FIRST BASE **529-1702**
c/o Hamilton-Burlington YMCA **Ext. 103**
Subsidies available to parents in need **634-3304**

SIR WILFRED LAURIER RECREATION CENTRE **561-8980**
360 Albright Road, Hamilton

RESOURCE & DROP-IN CENTRES

Services could include resources for caregivers and children, support groups, organized programmes, or referral to community services.

KIRKENDALL STRATHCONA NEIGHBOURHOOD HOUSE **528-8485**
210 Napier Street, Hamilton

MOMS & TOTS DROP-IN CENTRE **544-9013**
Normanhurst Community Centre
1621 Barton Street E., Hamilton

MOM'S TIME OUT **522-9098**
Central Presbyterian Church
165 Charlton Street W., Hamilton
Open Wednesday mornings, September to June

NEW DIMENSIONS **522-1323**
Melrose United Church
Locke & Homewood Sts., Hamilton
Open Tuesday mornings, September to December and January to April

NORTH END CHILDREN'S CENTRE INC. **521-0274**
75 Hillyard Street, Hamilton

QUEENSTON PARENT-CHILD DROP-IN CENTRE **545-6551**
349 Queenston Road, Hamilton

ROXBOROUGH FAMILY SUPPORT RESOURCE CENTRE **545-0565**
16 Eastwood Street, Hamilton

- ***Young Mom's Group*** (in church)
- ***Drop-In Program***

SALVATION ARMY **522-7336**

- ***Children's Corner***
  Grace Haven, 138 Herkimer St., Hamilton
  Westmount Corps, 261 Mohawk Rd. W., Hamilton

- ***Young Mom's Support Group***
  Grace Haven, 138 Herkimer St., Hamilton **522-7336**
  Philpott Memorial Church **527-4802**
  84 York Blvd., Hamilton

TAMI'S **529-5000**
St. Luke's Parish Hall
454 John Street N., Hamilton

PARENTING COURSES

Courses to help improve parenting skills are offered by several organizations. Contact ***COMMUNITY INFORMATION SERVICE at 528-0104*** *for information about locations of classes.*

ADULT EDUCATION

These are upgrading and basic education programmes.

ADULT BASIC EDUCATION ASSOCIATION (Hotline) **527-2222**
55 York Blvd., 6th floor, Hamilton
Information and referral to education programmes

BOARD OF EDUCATION FOR THE CITY OF HAMILTON **527-5092**
100 Main Street W., Hamilton **521-2514**

HAMILTON & DISTRICT LITERACY COUNCIL **529-9907**
601-1 Young Street, Hamilton
Tutoring of adults in basic reading and writing on one-to-one basis

HAMILTON PUBLIC LIBRARY **529-8111**
Community Literacy Programme **Ext. 327**
55 York Blvd., Hamilton
One-to-one tutoring at various library branches

H-W ROMAN CATHOLIC SEPARATE SCHOOL BOARD **525-2930**
Extension Education **Ext. 207**
45 Young Street, Hamilton

MOHAWK-MCMASTER EDUCATION INFORMATION CENTRE **522-3361**
Plaza Level, 55 York Blvd., Hamilton
Handle enquiries & applications for programmes at McMaster University & Mohawk College

WENTWORTH COUNTY BOARD OF EDUCATION **573-3144**
Adult Education Centre
200 Dewitt Road, Stoney Creek
Serves communities in Wentworth county

EMPLOYMENT

Employment needs may include information about occupations and training, or actual help with finding a job. The following organizations are mainly concerned with employment needs, but some other services in this pamphlet may also be able to provide help.

Information

HAMILTON PUBLIC LIBRARY **529-8111**
Career Resource Centre **Ext. 307**
55 York Blvd., Hamilton

Information about occupations and training may also be available from some of the services in the following section:

Training & Employment Assistance

CANADA EMPLOYMENT CENTRES
- 40 Wellington Street N., Hamilton **572-2211**
- 845 Upper James, Hamilton **387-3400**
- Strath-Barton Mall
  1565 Barton St. E., Hamilton **545-8313**
- Fiesta Mall, 102 Hwy #8, Stoney Creek **664-4494**

Dial-A-Job **522-5627**
(24 hour recorded information)

CATHOLIC FAMILY SERVICES OF H-W **527-3823**
Project First-Step
- YWCA, 75 MacNab Street S., Hamilton
- Queenston Parent-Child Drop-In Centre, 349 Queenston Road, Hamilton
- H-W Housing Authority
  30 Congress Crescent, Hamilton

To help young sole-support mothers receiving government assistance to build self-confidence and set vocational goals in a group setting.

CITIZEN ACTION GROUP **528-9803**
33 Bold Street, Hamilton **528-8713**
Employment preparation and counselling services

HAMILTON HELP CENTRE **521-9125**
77 Victoria Avenue S., Hamilton **521-9165**
Employment assistance for persons approximately age 35 and over

FUTURES **388-1642**
360 Mohawk Road W., Hamilton
Pre-employment preparation & work experience programmes for youth

ONTARIO MINISTRY OF COMMUNITY & SOCIAL SERVICES 521-7280

- ***Vocational Rehabilitation Services***
  119 King Street W., 6th floor, Hamilton
  Assist disabled persons to become employed

ONTARIO MINISTRY OF SKILLS DEVELOPMENT

- ***Apprenticeship Branch*** 521-7764
  119 King Street W., 7th floor, Hamilton
  Apprenticeship training information and certification

- ***Ontario Skills Development Office*** 527-7226
  350 King Street E., Hamilton
  Access to Ontario Basic Skills Program, for academic upgrading and job search skills.
  Training Hotline 1-800-387-5656

YOUTH EMPLOYMENT CENTRE 522-4902

33 Bold Street, Hamilton
Employment assistance for youth, ages 16-24

SOCIAL SERVICES DEPARTMENT OF THE REGIONAL MUNICIPALITY OF H-W — EMPLOYMENT SERVICES UNIT

- ***Work Activity Project (L.O.N.A.R.)*** 525-8240
  50 Murray Street W., Hamilton
  Adult basic education and work activities

- ***Youth Employment Preparation Project*** 526-4397
  Pre-employment training and referral for ages 16-24

- ***Job Developers*** *526-4398*
  Employment placements for social assistance recipients

- ***Older Client Project*** 521-9125
  77 Victoria Avenue S, Hamilton
  Pre-employment training & referral for social assistance recipients

THIRD SECTOR EMPLOYMENT ENTERPRISES 528-9664

77 Niagara Street, Hamilton 528-9287
Provide employment experience for social assistance recipients, ages 18-25

JOB READINESS TRAINING 575-2228

Mohawk College — Brantdale Campus
15 Brantdale Avenue, Hamilton
To assist people who have had difficulty in getting and/or keeping employment

FOCUS ON SKILLS 575-2228

Mohawk College — Brantdale Campus
15 Brantdale Avenue, Hamilton
Assist women to make the transition from home to work

WOMEN INTO TRADES & TECHNOLOGY (W.I.T.T.) **575-1212**
Mohawk College, Wentworth Campus **Ex. 3192**
196 Wentworth St. N., Hamilton
Program to expose women to opportunities in non-traditional occupations.

Employment Matters

ONTARIO MINISTRY OF LABOUR **521-7736**
119 King Street W., 8th floor, Hamilton
Employment Standards (minimum wage, vacation pay, termination pay, etc.), Construction Health & Safety, Industrial Health & Safety, Human Rights, and Health & Safety Support Services Branch.

OTHER GROUPS OFFERING SUPPORT

The following groups may be helpful in various situations. See the section "Counselling" for other organizations which offer support groups.

PARENTS WITHOUT PARTNERS
(answering service) **545-8869**
An organization devoted to interests of single parents and their children providing social and support functions.

TOUGHLOVE PARENTS SUPPORT GROUPS **527-0633**
Self-help with support from non-professional parents in dealing with acting out teenagers

WELCOME INN **525-5824**
40 Wood Street East, Hamilton
Programmes for individuals and families for social activities and support

WOMEN'S CENTRE OF H-W **522-0127**
80 Augusta Street, Hamilton
A centre for women providing groups for specific needs, self-help, support, or social contact.

For social clubs for single adults contact **Community Information Services at 528-0104.**

INFORMATION & REFERRAL

Community Information Centres can provide you with information and referral on community and government services.

COMMUNITY INFORMATION SERVICE HAMILTON-WENTWORTH **528-0104**
55 York Boulevard
(Hamilton Public Library)
Hamilton, Ontario L8R 3K1

Hours: 9 am - 5 pm Monday to Friday

ANCASTER INFORMATION CENTRE **648-6675**
314 Wilson Street East
Ancaster, Ontario L9G 2B9

Hours: 9 am - 3:30 pm
Monday to Friday (September-June)
9 am - 5 pm
Monday to Friday (July-August)

INFORMATION DUNDAS **627-5461**
10 Market Street South
Dundas, Ontario L9H 5G4

Hours: 9 am - 5 pm Monday to Friday

INFORMATION FLAMBOROUGH **689-7880**
315 Dundas Street East
Box 240
Waterdown, Ontario L0R 2H0

Hours: 9:30 am - 3:30 pm Monday to Friday

* * * *

FREE CONFIDENTIAL INFORMATION:

- Housing
- Day Care Services
- Financial and Consumer Problems
- Personal and Family Counselling
- Legal Services
- Government Programs and Services
- Senior's Activities and Services
- Health Services
- Other Community Services

Community Information Service
Hamilton-Wentworth
55 York Blvd. (Hamilton Public Library)
Hamilton, Ontario L8R 3K1

Telephone **528-0104**

Supported by:
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Region of Hamilton—Wentworth
and the United Way

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